

Understanding the Different Types of Knee Replacement Surgery – Shubh Hospital, Bhopal

Knee pain caused by arthritis, injury, or degenerative conditions can severely impact mobility and quality of life. At **Shubh Hospital, Bhopal**, a **Centre of Excellence for Advanced Arthroscopy, Laparoscopy, and Joint Replacement Surgeries**, we offer cutting-edge solutions for knee replacement tailored to individual needs.



In this blog, we will explore the **different types of knee replacement procedures**, helping you make an informed decision for better mobility and a pain-free future.

□ What Is Knee Replacement Surgery?

Knee replacement, or **knee arthroplasty**, is a surgical procedure in which damaged knee joint surfaces are replaced with artificial components to restore function and relieve pain. The type of implant and surgical technique used varies depending on the patient's condition, anatomy, and activity level.

Types of Knee Replacement Offered at Shubh Hospital

1. Posterior Cruciate Ligament-Retaining (PCL-R) Knee Replacement

This type preserves the **posterior cruciate ligament**, which helps maintain the knee's natural movement and stability. It's suitable for patients with a healthy PCL and is often preferred for its natural feel and function.

Benefits:

- Preserves natural knee movement
- Better proprioception (joint position sense)
- Improved post-operative stability

2. Posterior Cruciate Ligament-Substituting (PCL-S) Knee Replacement

In this method, the PCL is removed and substituted by a cam-post mechanism built into the implant.

Best for:

- Patients with damaged or weak PCL
- Advanced arthritis or joint deformities

Advantages:

- Enhanced stability
- Effective pain relief
- Suitable for severe joint degeneration

3. Fixed Bearing Knee Replacement

This is one of the most commonly used designs. The polyethylene (plastic) insert is fixed to the tibial component and does not move independently.

Benefits:

- Long-lasting and reliable
- Good for less active patients
- Lower wear rate of the insert

4. Rotating Platform and Mobile Bearing Knee Replacement

This design allows the polyethylene insert to rotate slightly, mimicking natural knee motion.

Advantages:

- Greater range of motion
- Lower stress on the implant
- Ideal for younger, more active patients

5. Medial Pivot Knee Replacement

This modern technique is designed to mimic the natural movement of the knee, where the inner part (medial side) is more stable and the outer side rotates.

Benefits:

- Highly stable medial compartment
- Natural feeling knee mechanics
- Reduces implant wear and tear

How to Choose the Right Type?

The choice of knee replacement technique depends on:


- Age and activity level
- Severity of arthritis
- Ligament condition
- Surgeon's recommendation

At Shubh Hospital, our experienced orthopedic surgeons perform a detailed evaluation, including **clinical examination, imaging, and functional assessment**, before suggesting the best option.

Why Choose Shubh Hospital for Knee Replacement?

- ✓ Experienced orthopedic surgeons
- ✓ State-of-the-art operation theatres
- ✓ Advanced implant technologies
- ✓ Patient-centric care with fast recovery
- ✓ Centrally located in Bhopal

Book Your Consultation Today

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If you or your loved one is considering knee replacement, schedule a consultation with our expert team today. Let us help you walk pain-free again.